



# INTEGRITY SERIES

## CLSR RECUMBENT BIKE

Designed with the same technology and durable components as the Upright Bike, the Recumbent Lifecycle® Exercise Bike brings our legacy of fitness to those who prefer a seated position. This bike also offers a refreshed, non-intimidating console with more options for personalized entertainment, which helps exercisers complete more enjoyable workouts.

### PERFORMANCE FEATURES

#### SEAMLESS COMPATIBILITY WITH IPOD

Connecting an iPod to the console to charges the device to provide great motivation to the exerciser through music and, when, an attachable TV is available, video.

#### INTEGRATED ENTERTAINMENT CONTROLS

Newly integrated controls allow exercisers to skip songs, adjust the volume and change television channels right from the console.

#### HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the handlebars to provide precise heart rate monitoring, and Polar® telemetry provides accurate, “hands-free” heart rate monitoring.

(Telemetry requires optional chest strap.)

#### SELF-POWERED CONVENIENCE

Cordless, so you can place your bikes anywhere in your facility. (Models with optional Attachable TV System require power.)

#### RELIABLE BELT DRIVE SYSTEM

Custom-designed system is quiet and virtually maintenance free.



#### Greener with EVERY MOVE

Certain components of our cardio equipment are no longer painted during the manufacturing process, which reduces our carbon footprint. This initiative also lowers the amount of Volatile Organic Compounds (VOCs) released into the air as pollutants.

### HIGHLIGHT FEATURE

#### COMFORT AND CONVENIENCE



The dual-level console lets users manage their workouts and read at the same time. Plus the accessory tray is conveniently placed at the user's side.

### RECUMBENT BIKE DETAILS

- Deluxe back support and seat
- Wide Ride™ pedals
- Side and front handlebars
- Dual-level alphanumeric LED console
- Heart rate monitoring
- 29 workouts, including 5 Zone Training+™ workouts and Air Force PRT and Fit Test protocols
- 7 languages
- Integrated reading rack and accessory tray
- Self-powered; optional plug-in accessory
- iPod Compatibility
- Integrated iPod/ TV Controls
- Available with optional Attachable TV System